

Eat Smart Be Smart

ORGANIZATIONS THAT SHARED THEIR RESOURCES

The Montana Team Nutrition Program gratefully acknowledges the following organizations and programs for sharing their nutrition resources with us for the development of this curriculum guide.

American Heart Association

<http://www.americanheart.org>

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Making Healthful Choices

Activities for the Heart

Find Your Way to Heart Health

Follow the Blood

Label the Heart's Parts

Keeping My Heart Healthy

Arizona Department of Health Services, Office of Nutrition

<http://www.eatwellbewell.org>

Handout reprinted with permission from the Arizona 5 a Day for Better Health Fruit and Vegetable Activity Book for Child Care Providers, 1992.

Arkansas Department of Education, Child Nutrition Unit

<http://cnn.k12.ar.us/>

Song reprinted with permission from the Arkansas Department of Education

Breakfast Foods Song from Nifty Nutrition Curriculum

Network for a Healthy California—Children's Power Play! Campaign

<http://www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx>

Handouts adapted from the Network for a Healthy California—Children's Power Play! Campaign School Idea and Resource Kit, 2006

The Power of Advertising

Creating Your Power Ads

CATCH (Coordinated Approach to Child Health) Program

<http://www.catchinfo.org/>

Grade 3, High Five for Fiber lesson based on the Celebrate Health lesson from the CATCH Program.

Connie Liakos Evers, MS, RD

<http://www.nutritionforkids.com>

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Weekly Activity Tally

Label Logic

Be An Ad Buster

The MyPyramid Chart

What Kids Need to Know

Source: Nutrition Fun with Brocc & Roll, by Connie Liakos Evers (24 Carrot Press, ©2007).

Fuel for Fitness: A Nutrition Quiz Game,

Source: Fuel for Fitness: A Nutrition Quiz Game, by Connie Liakos Evers (24 Carrot Press, ©2006).

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Dairy Council of California

<http://www.dairycouncilofca.org>

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Breakfast Blast-off

Healthy Snacks for Home & School

Parents...Get Straight A's With a Healthy Breakfast Handout

Fight BAC! Program

<http://www.fightbac.org>

Handouts reprinted with permission from the Fight BAC! Program.

The Story of BAC

BAC Coloring Puppet

Kathy Kater

<http://www.BodyImageHealth.org>

Terry the Tadpole poem reprinted with permission from the Healthy Body Image curriculum, Second Edition, © 2005.

Louisiana Department of Education

<http://www.doe.state.la.us/ide/nutrition/465.html>

Permission given to base the content for the Kindergarten level, *Where Does Food Come From* Lesson and content for the Grade 3 level, *Iron Investigation* lesson.

Montana Wheat and Barley Committee

<http://wbc.agr.mt.gov>

Permission given to base the content and use handouts for the Grade 3 level, Whole Grain Goodness lesson based from the *Story of Wheat* booklet developed by the Montana Wheat and Barley Committee.

National Cattlemen's Beef Association

<http://www.teachfree.com>

Handouts printed with permission from the National Cattlemen's Beef Association, *Choose Well* curriculum, 2006. <http://www.teachfree.com/downChooseWellActivities.aspx>

Basic Training: The Nutrition Food Facts Label

National Dairy Council

<http://www.nationaldairycouncil.org>

Handouts reprinted with permission from the National Dairy Council-

Where's the Dairy

North Carolina Nutrition Education and Training (NET) Program

<http://www.nutritionnc.com>

Portion and Serving Size handouts from the *Food for Thought* curriculum reprinted with permission from NC Nutrition Education and Training (NET) Program.

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Nutrition Education of Texas (Netx)

<http://netx.squaremeals.org>

Content for Kindergarten level, Picnic Portions lesson was based on a lesson from Netx curriculum.

Handouts are reprinted with permission from Netx.

Nutrient Building Blocks

Nutrient List

Radio Script for use in Grade 4 level *Tuning In* lesson.

Produce for Better Health

<http://www.fruitsandveggiesmorematters.org/>

Lesson content based on activity sheet from the Fruits and Vegetables More Matters Kids Coloring and Activity Book developed by the Produce for Better Health.

University of Minnesota Extension Service, Nutrition Program

<http://www.extension.umn.edu/Nutrition>

Think Your Drink handout is reprinted with permission from the University of Minnesota Extension Service, Nutrition Program.

USDA Choose MyPlate

<http://www.chooseMyPlate.gov>

Switcheroo Recipe Handout

My Plate coloring sheets

My Plate at Home

My Plate Poster

Washington Apple Education Foundation

<http://www.waef.org>

Handouts from the Healthy Choices curriculum were reprinted with permission from the Washington Apple Education Foundation.

Kitchen Safety Worksheet

Snack Star and Snack Cases Worksheets

We Can!™, U.S. Department of Health and Human Services, National Institute of Health

<http://www.wecan.nhlbi.nih.gov>

Go, Slow and Whoa Foods handout reprinted with permission from National Heart, Lungs and Blood Institute of the National Institute of Health.

Western Dairy Association

<http://www.westerndairyassociation.org>

Handouts reprinted with permission from the Western Dairy Association.

Rubber Bones

Bone up on Basics

Take A Stand...learn the label

Think Your Drink

WIN Kids Lessons (Wellness In The Rockies)

<http://www.uwyo.edu/wintherockies>

Handouts reprinted with permission from the Wellness in the Rockies WIN Kids lesson plans.

Wellness in the Rockies messages puzzle

Become a Critical Viewer

Wellness in the Rockies messages puzzle for Grade 3, All Shapes and Sizes Lesson.

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Denise Zimmer, R.D.

Contracted Trainer for the Montana Team Nutrition Program, Eat Smart Be Smart Curriculum Consultant and Coordinator to develop the following lessons and accompanying work sheets:

- Plant and Animal Foods
- The Grain Train
- Strong Bones....3 is the Key
- Fun Fruit and Vegetable Find
- Introducing MyPlate worksheet
- Fuel Your Tank with Breakfast
- Fruits & Vegetables: A Colorful Plate
- Picnic Portions
- Dear Friend letter
- Think About Your Drink
- High Five For Fiber/Graph
- Heart Power
- Iron Investigation
- Eat Smart Play Hard work sheet
- Make Calcium Count For You
- Meal Plan Chart

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